



## “THIS IS ME LEAN FOR LIFE!”

### MEET BECKY

Like many of us, Becky has a family history of diabetes and a life-long struggle with weight. When her husband’s employer, Mountain West Farm Bureau offered the chance to enroll in the HealthCheck360° Lean for Life program in January of 2017, she jumped at the chance to participate. Becky was ready to make changes to her life after being prescribed medication to manage her pre-diabetes.

### THE CHANGES

Simple, but tough changes have been the key to Becky’s success. She eats more protein, drinks more water, and avoids bread, pasta, rice and potatoes. The education and support from her HealthCheck360° Health Coach play a vital role in her success. Becky says she feels like a different person, “I now know what to eat and what not to eat and never felt deprived or hungry.”

### A FAMILY AFFAIR

Becky started the Lean for Life program with the goal of getting off her diabetes medication. Since then, she’s lost 40 pounds and her A1C has dropped by .7 points to the pre-diabetic range. Becky has also inspired her daughter and husband to join in her lifestyle changes. Becky states that “We have all lost weight and we plan to do a 5k this month. This is a huge step for me and my family’s health!”

### THE FUTURE

The progress Becky has made so far has been significant, incorporating her new habits of healthy eating and increased activity into her every day life. According to Becky, she’s not done yet and has made it her goal to lose another 30 pounds. The Lean for Life program and her health coach have given her the tools to make her goal a reality. “I know I can live this way, I can do it.”